



The Post-Graduate Center
 Institute for Graduate Clinical Psychology
 Widener University
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Cultivating Ideas.

Spring 2009 Workshops

Loss and Traumatic Stress
 & Child Sexual Abuse Treatment Series



**Trauma and the Body: Applying
 Biological Findings to Clinical Work**
 Susan Carswell, PhD, PsyD

Friday, February 20th, 2009 9:00am-4:00pm
 University Center | Webb Room
 LT | CSA | ACT 48 | 6 CE Credits



Workshop Description

Trauma can profoundly dysregulate the mind and body. This workshop will enhance clinical effectiveness by increasing awareness of the underlying neurobiology and physiological effects of trauma. Lay terminology will be used to describe changes in the brain and body that are elicited by both childhood and adult trauma. How these biological phenomena are linked to the symptoms and clinical syndromes that are often associated with trauma will be discussed, as will the biological underpinnings of resilience and therapeutic change. Participants will learn how to integrate biological and psychological assessments of the effects of trauma on a client in order to optimize a treatment plan and to evaluate its effectiveness. Actual case studies will be used to illustrate how clinicians can formulate integrated case conceptualizations, develop customized intervention strategies from them, and evaluate the effectiveness of these interventions.

This workshop applies as an elective to both the Loss and Traumatic Stress and the Child Sexual Abuse Treatment Certificate Programs.*



Objectives

Participation in this program will allow you to:

- Understand how traumatic experiences can alter brain development and disable normal brain functioning.
- Understand how trauma-induced changes in the brain create susceptibility to a host of symptoms and syndromes.
- Identify specific genetic and psychosocial factors that create individual differences in responses to traumatic events.
- Increase awareness of medications relevant to the treatment of trauma.
- Integrate neurobiological with psychosocial perspectives of trauma in order to optimize and customize treatment.
- Assess whether commonly accepted trauma theories and intervention practices are consistent with biological findings.

LT = Applies to the Loss and Traumatic Stress Certificate Program

CSA = Applies to the Child Sexual Abuse Treatment Certificate Program

ACT 48 = Workshop approved for ACT 48 credits

Individuals do not need to be enrolled in a certificate program to participate in this workshop.

*Note: Mandatory/Core Knowledge workshops cannot be applied to both certificate programs. Electives can be credited towards both certificates, provided they are designated as applying to both.

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